



Providing fitness and community for individuals and families of Czech, Slovak and Moravian heritage, as well as for any other interested persons.

SUPPORT ►

American Sokol Washington

Please give us your consideration when you are deciding on your donations.

All your contributions to the American Sokol Washington, D.C., a 501(c)(3) non-profit organization, are charitable tax-deductible contributions.



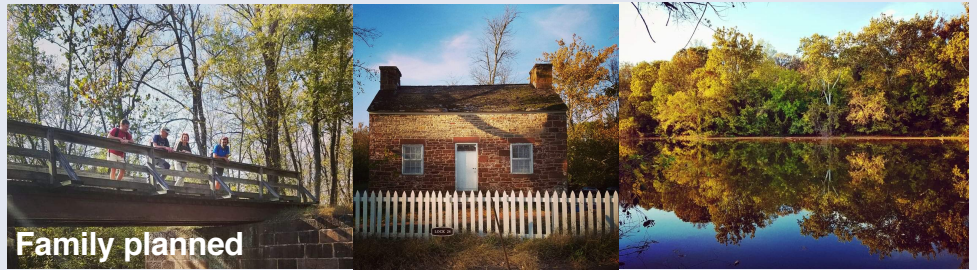
MEET: Saturday
October 15

9:00 A.M.

Parking Lot at
Violette's lock

Contact: Pavel Klein at
KleinP@epilepsydc.com

For more information about
other Sokol activities follow our
web www.sokolwashington.org



Family planned

Geriatric/Pediatric WALKING MARATHON

Hike along C&O canal

Sokol Washington members and friends meet every year on a pleasant October day to walk along the C&O Canal in our Pediatric/Geriatric Marathon. As the name suggests, it is an event for all ages and skill levels, and the walking distance is self-determined.

Option for younger kids: Split marathon mileage in your family or a group. Example: a group of 10 people can each walk only 4. 2195 km!

We hope you can join us!

Meet at Violette's Lock and walk towards Harper's Ferry and back, 42 km 195 m.

Bring plenty of water, a healthy snack, an energy bar, and the perfect shoes.

